

SYLVIA SANTOSA, Ph.D., R.D. (CDO)
CRC Tier 2 – Clinical Nutrition • Associate Professor
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Affiliations

Associate Professor	Department of Health, Kinesiology, and Applied Physiology (formerly Exercise Science) 2016 – present
Associate Researcher	Centre de recherche de l'Institut universitaire de gériatrie de Montréal 2016 – present
Researcher	Hôpital du Sacré Cœur – FRSQ Research Centre, Chronic Disease Axis 2015 – present
Researcher	PERFORM Centre 2013 – present
Collaborator	Mayo Clinic – Endocrine Research Unit January 2011 – 2018
Assistant Professor	Department of Exercise Science 2011-2016

Academic Background

Postdoctoral Fellow Endocrinology & Nutrition	Mayo Clinic – Endocrine Research Unit April 2007-December 2010 Supervisor: Dr. Michael D. Jensen, M.D. Research Focus: Effects of sex steroids on fat metabolism and regional fat distribution
R.D.	College of Dietitians of Ontario Training: McGill University – McGill University Health Centers March 2007
Ph.D. Nutritional Science	McGill University – School of Dietetics and Human Nutrition September 2002 – October 2006 Supervisor: Dr. Peter J. Jones, Ph.D. Thesis title: The effects of weight loss on cholesterol metabolism in overweight and obese hyperlipidemic women
B.A.Sc., Honors Nutrition & Dietetics With Distinction	University of Guelph – Department of Applied Human Nutrition September 1998 – April 2002 Supervisor: Dr. Bruce J. Holub, Ph.D. Thesis title: Low dose fish oil and cardiovascular disease prevention

Leaves of Absences

January 2017-January 2018	Parental Leave
September 2012-August 2013	Parental Leave

Journal Publications (Peer-Reviewed)

Authorship: [§] indicates senior authorship. Italicized names are trainees or highly qualified personnel (HQP) that work with me. In my field publishing with students/HQP is encouraged and is the norm.

*indicates equally shared first authorship.

Article Length: The quintessential mode of disseminating research work in my field is through publishing in peer-reviewed journals. The length of the articles published in these journals varies, is often less than 10 pages, and is not reflective of the quality or importance of information presented.

Journal Selection: The journals selected for publication are based on a combination of impact factor and target audience. Journals such as *Obesity Reviews*, *Journal of Clinical Endocrinology and Metabolism*, *Journal of Lipid Research*, *American Journal of Clinical Nutrition*, *Scientific Reports*, and *International Journal of Obesity* are among those that have the highest impact factor in their respective fields.

1. Tam BT, Murphy J, Khor N, Morais JA, **Santosa S**[§]. Subcutaneous adipose tissue acetyl CoA regulation, mitochondrial integrity and histone modification are different in individuals with childhood vs adult development of excess adiposity. *JCEM: submitted*.
2. Robidoux M, Winnepetonga D, **Santosa S**, Haman F. Will investing in local food procurement improve food security for northern Indigenous populations? *Public Health Nutrition: submitted*
3. Wang C, Murphy J, Delaney KZ, Morais JA, Tsoukas M, Lowry DA, Mutch DM, **Santosa S**[§]. No association between rs174537 FADS1 genotype and immune cell profiles in human abdominal and femoral subcutaneous adipose tissue. *Obesity: submitted*.
4. Cooke AB, Kuate Defo A, Dasgupta K, Papaioannou TG, Lee J, Morin S, Murphy J, **Santosa S**, Daskalopoulou SS. Methodological considerations for the measurement of arterial stiffness using applanation tonometry. *Journal of Hypertension: submitted*.
5. Murphy J, Morais JA, Tsoukas M, **Santosa S**[§]. Regional adipose tissue immune cell profiles in men and women with obesity. *Obesity: submitted*.
6. Delaney KZ, Dam V, Murphy J, Morais JA, Pescarus R, Garneau P, **Santosa S**. A reliable, reproducible flow cytometry protocol for immune cell quantification in human adipose tissue. *Cytotechnology: submitted*.
7. Delaney KZ, Shen W, **Santosa S**[§]. The struggle to stay thin: Is adaptive thermogenesis to blame? 2018. *European Journal of Nutrition: submitted*.
8. Kakinami L, Sadikaj G, Wrosch C, **Santosa S**, Alberga AS, Knauper B. Development and validation of a scale to measure compensatory behaviours. *Current Psychology: submitted*.
9. Delaney KZ, Spatari L, Henderson M, **Santosa S**^{§*}, Mathieu ME^{§*}. Children with Obesity in pre-puberty or early puberty have lower lipid oxidation but greater reliance on lipid as a substrate during exercise: A QUALITY study. 2018. *Pediatric Exercise Science: Revisions Requested*
10. Tam B, Morais JA, **Santosa S**[§]. Obesity and Aging: Two sides of the same coin. *Obesity Reviews: 2020; 1-21*.
11. Murphy J, Bacon S, Morais J, Tsoukas M, **Santosa S**[§]. Intra-abdominal Adipose Tissue Quantification by Alternative vs Reference Methods: A Systematic Review and Meta-Analysis. *Obesity: 2019;27;1115-22*.
12. Kakinami L, Houle-Johnson S, Demissie Z, **Santosa S**, Fulton, JE. Meeting fruit and vegetable consumption and physical activity recommendations among adolescents intending to lose weight. *Preventative Medicine Reports: 2018;13;11-15*.
13. Delaney KZM, Vanstone CA, Weiler HA, **Santosa S**[§]. Regional adiposity and markers of inflammation in preschool aged children. *Scientific Reports. 2018;2;15204 (7 pages)*.
14. **Santosa S**, Bush NC, Jensen MD. Acute testosterone deficiency alters adipose tissue fatty acid storage. *Journal of Clinical Endocrinology and Metabolism. 2017;102;3056-64*.
15. Murphy J, Moullec G, **Santosa S**[§]. Factors associated with adipocyte size reduction after weight loss interventions for overweight and obesity: a systemic review and meta-regression. *Metabolism. 2017;67;31-40*.

16. **Santosa S**, Bonnes S, Jensen MD. Acute female hypogonadism alters adipose tissue fatty acid storage factors and chylomicronemia. *Journal of Clinical Endocrinology and Metabolism*. 2016;101;2089-98.
17. Yang SQ, DeGuire JR, Agellon S, Lavery P, Mak I, Weiler HA, **Santosa S^s**. Conjugated linoleic acid mitigates testosterone-related changes in body composition in male guinea pigs. *Nutrition Research*. 2016;36;408-17.
18. Dam V, Sikdar T, **Santosa S^s**. From Neutrophils to macrophages: Differences in regional adipose tissue depots. *Obesity Reviews*. 2016;17;1-17.
19. **Santosa S^s**, Jensen MD. The sexual dimorphism of lipid kinetics in humans. *Frontiers in Endocrinology*. 2015: 6:103 (6 pages).
20. Hames KC, Koutsari C, **Santosa S**, Bush NC, Jensen MD. Adipose tissue fatty acid storage factors: effects of depot, sex and fat cell size. *International Journal of Obesity*. 2015;39;884-7.
21. Varady KA*, Dam V*, Horne M, Cruz R, Klempel MC, Kroeger CM, **Santosa S^s**. Effects of weight loss via high fat vs low fat alternate day fasting diets on free fatty acid profiles. *Scientific Reports*. 2015;5;7561 (6 pages).
22. **Santosa S**, Swain J, Tchkonja T, Kirkland JL, Jensen MD. Inflammatory characteristics of adipose tissue collected by surgical excision vs. needle aspiration. *International Journal of Obesity*. 2015;39;874-6.
23. **Santosa S^s**, Jensen MD. Sex and sex steroids: impact on the kinetics of fatty acids underlying body shape. *Hormone Molecular Biology and Clinical Investigation*. 2014;20;15-23.
24. Du S, Rajjo T, **Santosa S**, Jensen MD. The thermic effect of food is reduced in older adults. *Hormone and Metabolic Research*. 2014;46;365-9.
25. **Santosa S**, Jensen MD. Adipocyte fatty acid storage factors enhance subcutaneous fat storage in postmenopausal women. *Diabetes*. 2013;62;775-82.
26. **Santosa S**, Jensen MD. Effect of male hypogonadism on regional adipose tissue fatty acid storage and lipogenic proteins. *Public Library of Science One*. 2012;7;e31473 (10 pages).
27. **Santosa S**, Khosla S, McCready L, Jensen MD. Effects of estrogen and testosterone on resting energy expenditure in older men. *Obesity*. 2010;18;2392-4.
28. Barrow CJ, Nolan C, McCleod M, **Santosa S**, Holub BJ. Bioequivalence of encapsulated and microencapsulated fish-oil supplementation. *Journal of Functional Foods*. 2009;1;38-43.
29. Kassis AN, **Santosa S**, Jones PJH. Potential health claims on dietary fiber: How robust is the evidence? *International Journal of Naturopathic Medicine*. 2009;4;28-32.
30. **Santosa S**, Hensrud DD, Votruba SB, Jensen MD. The influence of sex and obesity phenotype on meal fatty acid metabolism before and after weight loss. *American Journal of Clinical Nutrition*. 2008;88;1134-41.
31. **Santosa S**, Jensen MD. Why are we shaped differently and why does it matter?. *American Journal of Physiology, Endocrinology and Metabolism*. 2008: 295;E531-5.
32. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. Moderate weight loss: A self-directed protocol for women. *Canadian Journal of Dietetic Practice and Research*. 2008: 69;23-27.
33. **Santosa S**, Demonty I, Lichtenstein AH, Ordovas JM, Jones PJH. Single nucleotide polymorphisms in ABCG5 and ABCG8 are associated with changes in cholesterol metabolism during weight loss. *Journal of Lipid Research*. 2007;48;2607-2613.
34. **Santosa S**, Demonty I, Lichtenstein AH, Cianflone K, Jones PJH. An investigation of hormone and lipid associations after weight loss in women. *Journal of the American College of Nutrition*. 2007;26;250-258.
35. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. Cholesterol metabolism and body composition in women : the effects of moderate weight loss. *International Journal of Obesity*. 2007;31;933-941.
36. Varady KA, **Santosa S**, Demonty I, Jones PJH. Validation of hand-held bioelectrical impedance analysis with magnetic resonance imaging for the assessment of body composition in overweight women. *American Journal of Human Biology*. 2007;19;429-433.

37. **Santosa S**, Varady KA, Abumweis S, Jones PJH. Physiological and therapeutic factors affecting cholesterol metabolism: does a reciprocal relationship between cholesterol absorption and synthesis really exist?. *Life Science*. 2007;80:505-514.
38. Varady KA, Charest A, **Santosa S**, Demonty I, Lamarche B, Jones PJ. Effect of weight loss resulting from a combined low-fat diet/exercise regimen on low-density lipoprotein particle size and distribution in obese women. *Metabolism*. 2006;55:1302-1307.
39. **Santosa S**, Farnworth E, Jones PJH. Probiotics and their potential health claims. *Nutrition Reviews*. 2006;64:265-274.
40. **Santosa S**, Jones PJH. Health benefits of consumption of fish oil omega-3 fatty acids. *International Journal of Naturopathic Medicine*. 2006.
41. **Santosa S**, Jones PJH. Oxidative stress in ocular disease: does lutein play a protective role?. *Canadian Medical Association Journal*. 2005;173:861-862.
42. **Santosa S**, Farnworth E, Jones PJH. Probiotics: Health benefits to the gut. *International Journal of Naturopathic Medicine*. 2004.
43. **Santosa S**, AbuMweis S, Jones PJH. Plant sterols: Evidence to support a health claim. *International Journal of Naturopathic Medicine*. 2004.

Invited Talks

- 2020 "MON Lab and More: Beyond Obesity and Adipose Tissue" Keynote Talk. MeDiC Research Day. Montreal, QC, Canada. (postponed or cancelled due to COVID)
- 2020 "The Juggling Act: How to fulfill the diverse roles of an academic career while maintaining work-life balance" Panelist. Canadian Nutrition Society Annual Meeting. Edmonton, AB, Canada. (postponed to next year's conference due to COVID)
- 2020 "Regional Adiposity: Influencers and Effects on Disease Pathology" MDRC Annual Research Retreat. Montreal, QC, Canada.
- 2019 "Regional Adipose Tissue: Effectors and Effectors" Seminar, Mondor Biomedical Research Institute, Université Paris-Est Créteil Val de Marne. Créteil, France.
- 2019 "Why Nutrition?" Nutrition Workshop, PERFORM Research Week. Montreal, QC, Canada.
- 2018 "Factors Affecting Regional Adipose Tissue and its Contribution to Disease Pathology". Obesity, Metabolism, and Type 2 Diabetes Axis Conference. Laval University, Ste. Foy, QC, Canada.
- 2017 "Adipose Tissue Contribution to Metabolic Aging" Canadian Nutrition Society Annual Meeting, Montreal, QC, Canada
- 2017 "Panic to Power: Improving Career Confidence" Trainees in Nutrition Pre-conference Workshop, Montreal, QC, Canada
- 2016 "Adipose Tissue Contribution to Obesity Related Metabolic Disorders" Conference CRIUGM, Montreal, QC, Canada
- 2016 "Acute and Chronic Effects of Obesity on Cardiovascular Disease Risk Factors" Canadian Vascular Network Annual Meeting, Montreal, QC, Canada
- 2016 "Sexual Dimorphism of Lipid Kinetics" Department of Biology, York University, Toronto, ON, Canada
- 2016 "Economic Cost of Obesity in Canada" JMSB, Concordia University, Montreal, QC, Canada
- 2015 "Acute and Chronic Effects of Obesity on Cardiovascular Disease Risk Factors" Canadian Vascular Network Annual Meeting, Toronto, ON, Canada
- 2015 "Lipid Steps to Understanding Obesity" Exercise Science Department Seminar Series, Montreal, QC, Canada
- 2015 "Lipid Steps to Understanding Obesity" Sacre Coeur Seminar Series, Montreal, QC, Canada
- 2015 "Why Should We Care About Apples and Pears?" Sacre Coeur Hospital, Montreal, QC, Canada
- 2014 "Sex, Vet and Other Stuff" Vrije Universiteit Medical Centre, Amsterdam, Netherlands
- 2014 "Sex, Fat and Other Stuff" Sacre Coeur Hospital, Montreal, QC, Canada
- 2013 "Portion Distortion" Canadian Association of Cardiac Rehabilitation Meeting. Montreal, QC, Canada

- 2012 “Apples and Pears: Why are we shaped the way we are?”. Canadian Nutrition Society Annual Meeting. Vancouver, BC, Canada.
- 2012 “Sex and Fat: What we have learned in why we are shaped the way we are?” Sacre Coeur Hospital, Montreal, QC, Canada.
- 2012 “Use of stable and radioactive isotopes to examine the effects of sex steroids on fatty acid metabolism in humans”. Concordia University, Montreal, QC, Canada.
- 2011 “Weight loss: Shifts in lipid pathways”. McGill University, Montreal, QC, Canada.
- 2010 “Effects of chronic testosterone deficiency on fat metabolism”. Endocrine Grand Rounds. Mayo Clinic. Rochester, MN, USA.
- 2009 “Lipid steps towards understanding disease prevention”. Solae Company. Saint Louis, MO, USA.
- 2007 “Cholesterol absorption to synthesis: from physiology to genetics”. Invited speaker series. University of Manitoba. Winnipeg, MB, Canada.
- 2005 “The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover”. AFMNet Workshop. Montreal, QC, Canada.
- 2004 “Fat-based functional foods”. Functional Foods Workshop. Havana, Cuba.

Conference Abstracts Presented (*Peer-Reviewed*)

✕Indicates abstract was awarded a prize or honor.

1. *Delaney KZ, Murphy J, Dam V, Garneau PY, Pescarus R, Atlas H, Denis R, Morais JA, Santosa S[§].* ✕ Characterizing regional adipose tissue and sex differences in obesity and type 2 diabetes. 2020. Research is better with sex and gender symposium. University of Calgary. Calgary, AB, Canada. [Oral]
2. *Delaney KZ, Bacon SL, Santosa S[§].* for the REBORN Investigators. Dietary patterns and nutrient levels of patients post-bariatric surgery. Canadian Nutrition Society. Edmonton, AB, Canada. *Submitted.*
3. *Danieles PK, Ajibade K, Santosa S, Murphy J, Kakinami L.* Fat and muscle mass phenotyping by DXA is not superior to BMI in prediction of cardiometabolic risk. 2020. Society for Epidemiologic Research Conference. Boston, MA, USA. *Submitted.*
4. *Tam BT, Murphy J, Khor N, Morais JA, Santosa S[§].* ✕ The fundamental differences between individuals with early- and late-onset obesity: an acetyl CoA approach. 2020. Experimental Biology. San Diego, CA, USA. [Oral]
5. *Delaney KZ, Murphy J, Dam V, Garneau PY, Pescarus R, Atlas H, Denis R, Morais JA, Santosa S.* Investigating immune cell presence in visceral and subcutaneous adipose tissue from women undergoing bariatric surgery. 2020. Montreal Diabetes Research Center Annual Retreat. [Oral]
6. *Woods R, Lavoie KL, Julien CA, Mercier L, Gemme C, Garneau P, Atlas H, Denis R, Pescarus R, Santosa S, Bacon SL.* for the REBORN Investigators (2019). Identifying possible loci of motivation for treatment adherence in linking depression to negative emotional eating within pre-operative bariatric patients. Conference Abstracts, *Annals of Behavioral Medicine*. 2019; 53(3):299–308.
7. *Gemme C, Lavoie KL, Julien CA, Labonté T, Mercier L, Woods R, Garneau P, Atlas H, Denis R, Pescarus R, Santosa S, Bacon SL.* The Impact of Marital Status and Sex on Post-Surgery Weight Loss in Bariatric Patients. Conference Abstracts, *Annals of Behavioral Medicine*. 2019;53(3):299–308.
8. *Julien CA, Lavoie KL, Mercier L, Woods R, Gemme C, Garneau P, Atlas H, Denis R, Pescarus R, Santosa S, Bacon SL.* for the REBORN Investigators (2018). Do preoperative depression and disordered eating patterns influence weight changes among post-bariatric surgery patients? 2018. European Health Psychology Society. [Poster]
9. *Murphy J, Tam B, Kirkland J, Tchkonja T, Morais JA, Santosa S[§].* Childhood-onset obesity exacerbates cellular senescence in abdominal but not femoral preadipocytes. 2019. Canadian Nutrition Society. Niagara Falls, ON, Canada. [Poster]
10. *Delaney KZ, Dam V, Murphy J, Garneau P, Pescarus R, Atlas H, Morais JA, Santosa S[§].* Greater presence of pro-inflammatory immune cells in visceral adipose tissue compared to subcutaneous

- adipose tissue in women undergoing bariatric surgery. 2019. Canadian Nutrition Society. Niagara Falls, ON, Canada. [Poster]
11. *Dera A, Murphy J, Morais JA, Santosa S[§]*. Childhood-onset obesity impairs muscle strength and fat oxidation but not cardiorespiratory fitness and carbohydrate oxidation. 2019. European Lifestyle Medicine Congress. Geneva, Switzerland. [Poster]
 12. *Delaney KZM, Henderson M, Santosa S[§], Mathieu ME[§].✕* Effect of adiposity on substrate use during exercise in tanner stage 1 & 2 children: A QUALITY study. 2018. The Obesity Society Meeting. Nashville, TN, USA. [Poster and Oral]
 13. *Murphy J, Dam V, Delaney K, Morais JA, Tsoukas M, Santosa S*. Regional adipose tissue immune cell profiles in childhood-onset and adult-onset obesity. Experimental Biology. 2018. San Diego, CA, USA. [Poster]
 14. *Delaney KZM, Murphy J, Dam V, Santosa S[§].✕* Isolation and quantification of immune cell populations in human adipose tissue by flow cytometry. 2018. Montreal, QC [Poster]
 15. *Delaney KZM, Murphy J, Dam V, Santosa S[§].✕* Isolation and quantification of immune cell populations in human adipose tissue by flow cytometry. Canadian Obesity Network Student and New Professionals Conference. London, ON [Oral]
 16. *Zaverdinos M, Murphy J, Santosa S, Kakinami L*. Improving cardiometabolic risk prediction with body composition phenotypes. PERFORM Centre Annual Conference. 2018. Montreal, QC [Poster]
 17. *Dera A, Murphy J, Morais JA, Santosa S[§]*. The effect of childhood vs adult-onset obesity on fitness and muscle strength in adults. PERFORM Centre Annual Conference. 2018. Montreal, QC [Poster]
 18. *Murphy J, Dam V, Delaney K, Morais JA, Tsoukas M, Santosa S[§].✕* Regional adipose tissue immune cell profiles in childhood-onset and adult-onset obesity. PERFORM Centre Annual Conference. 2018. Montreal, QC [Poster]
 19. *Julien C, Lavoie KL, Garneau P, Atlas H, Denis R, Pescarus R, Santosa S, Bacon SL*. Do preoperative depression and disordered eating patterns influence weight changes among post-bariatric surgery patients? European Health Psychology Society Conference. 2018. Galway, Ireland. [Poster].
 20. *Woods R, Lavoie KL, Julien C, Mercier LA, Gemme C, Garneau P, Atlas H, Denis R, Pescarus R, Santosa S, Bacon SL*. Identifying possible loci of motivation in linking depression to negative emotional eating within pre-operative bariatric patients. International Behavioural Trials Network. 2018. Montreal, QC [Poster].
 21. *Kakinami L, Knauper B, Sadikaj G, Santosa S, Wrosch C*. Development and validation of a scale to measure compensatory behaviours. Public Health Conference. 2018. Montreal, QC, Canada. [Poster].
 22. *Dera A, Murphy J, Morais JA, Santosa S[§]*. The effect of childhood vs adult-onset obesity on fitness and muscle strength in adults. The Obesity Society Meeting. 2017. Washington, DC, USA. [Poster]
 23. *Delaney K, Vanstone CA, Weiler HA, Santosa S[§].✕* Regional adiposity and markers of inflammation in pre-school aged children. PERFORM Annual Meeting. 2017. Montreal, QC, Canada. [Poster]
 24. *Delaney K, Vanstone CA, Weiler HA, Santosa S[§].✕* Regional adiposity and markers of inflammation in pre-school aged children. Canadian Nutrition Society Meeting. 2017. Montreal, QC, Canada. [Oral and Poster]
 25. *Spatari L, Henderson M, Santosa S[§], Mathieu ME[§]*. Increased lipid oxidation during exercise in obese pre-pubertal children with excess abdominal fat. Canadian Nutrition Society Meeting. 2017. Montreal, QC, Canada. [Poster]
 26. *Julien CA, Lavoie KL, Béland M, Atlas H, Denis R, Garneau P, Pescarus R, Santosa S, Bacon SL*. Associations between psychological distress, problematic eating, weight and BMI in a Canadian sample of bariatric surgery candidates. 2017. International Conference on the Efficacy of non-Pharmacological interventions (iCEPS). Montpellier, France. [Poster]
 27. *Julien C, Lavoie KL, Béland M, Atlas H, Denis R, Garneau P, Pescarus R, Santosa S, Bacon SL* for the REBORN Investigators. Associations between depression, eating behaviours and

- preoperative weight in obese patients awaiting bariatric surgery. Canadian Psychological Association Meeting. 2017. Toronto, ON, Canada. [Oral]
28. Julien CA, Lavoie KL, Béland M, Atlas H, Denis R, Garneau P, Pescarus R, **Santosa S**, Bacon SL. Is depressive status associated with preoperative weight and problematic eating behaviours among candidates for bariatric surgery? 2017. Canadian Obesity Network (CON) Obesity Summit. Banff, Alberta, Canada. [Poster]
 29. Julien CA, Lavoie KL, Atlas H, Denis R, Garneau P, Pescarus R, **Santosa S**, Bacon SL. Do psychological and behavioral factors influence weight changes before bariatric surgery? 2017. Canadian Association of Bariatric Physicians and Surgeons (CABPS). Niagara Falls, ON, Canada. [Oral]
 30. Gagnon-Chauvin A, Lavoie KL, Julien CA, Atlas H, Denis R, Garneau P, Pescarus R, **Santosa S**, Bacon SL. Prevalence and impact of psychological distress on quality of life in bariatric surgery candidates. 2017. Canadian Psychology, 58 (1a): 206.
 31. Kakinami L, Houle-Johnson S, Demissie Z, **Santosa S**, Fulton, J. E. Nutrition and physical activity behaviors based on weight intentions in a representative sample of US high school students. Epidemiology Congress of the Americas. 2016. Miami, Florida, USA. [Poster]
 32. *Murphy J*, Moullec G, **Santosa S**^s. Factors associated with adipocyte size reduction after weight loss interventions for overweight and obesity: a meta-regression analysis. Canadian Nutrition Society Annual Meeting. 2016. Ottawa, ON, Canada. [Poster]
 33. **Santosa S**^s, *Yang SQ*, Weiler HA, DeGuire J, and Agellon S. Effects of Hypogonadism and CLA on Regional Adipose Tissue and Fatty Acid Composition in Male Guinea Pigs. Experimental Biology Meeting. 2015. Boston, MA, USA. [Oral]
 34. *Varady KA**, *Dam V**, *Horne M*, *Cruz R*, Klempel MC, Kroeger CM, **Santosa S**. Effects of weight loss via high fat vs low fat alternate day fasting diets on free fatty acid profiles. The Obesity Society Meeting. 2014. Boston, MA, USA. [Poster]
 35. Bush N, **Santosa S**, Jensen MD.* Effects of acute testosterone suppression on regional adipose tissue fatty acid storage and lipogenic enzyme activity. UAB Center for Exercise Medicine and Rehabilitation Annual Symposium. 2014. Birmingham, AL. [Poster]
 36. Jensen TB, Hartman JJ, **Santosa S**, Lanningham-Foster L, Jensen MD. Self-measured vs. professionally measured waist and hip circumference: Improving clinical screening for the metabolic syndrome. The Obesity Society Meeting. 2012. San Antonio, TX, USA. [Poster]
 37. *Reppert S*, **Santosa S**, Jensen MD. Increase in visceral adipose tissue with acute estrogen suppression in women. The Obesity Society Meeting. 2011. Orlando, FL, USA. [Poster].
 38. **Santosa S**, Jensen MD. Estrogen effects on direct free fatty acid storage pathways in women. American Diabetes Association Meeting. 2011. San Diego, CA, USA [Poster].
 39. **Santosa S**, Jensen MD. Estrogen effects meal fatty acid metabolism in women. Canadian Obesity Network Meeting. 2011. Montreal, QC, Canada. [Oral].
 40. **Santosa S**, Jensen MD.* Testosterone effects on direct free fatty acid storage pathways in men. The Obesity Society Meeting. 2010. San Diego, CA, USA. [Poster].
 41. **Santosa S**, Jensen MD. Testosterone effects of meal fatty acid metabolism in men. American Diabetes Association Meeting. 2010. Orlando, FL, USA. [Poster].
 42. **Santosa S**, Khosla S, McCreedy L, Jensen MD. No individual or combined acute effects of estrogen and testosterone on respiratory exchange ratio or resting energy expenditure in older men. The Obesity Society Meeting. 2009. Washington, DC, USA. [Poster].
 43. **Santosa S**, Hensrud DD, Votruba S, Jensen MD. The influence of sex and obesity phenotype on meal fatty acid metabolism before and after weight loss. Experimental Biology. 2008. San Diego, CA, USA. [Oral].
 44. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJ. Cholesterol metabolism and body composition in women: the effects of moderate weight loss. The Obesity Society Meeting. 2006. Boston, MA, USA. [Oral].
 45. **Santosa S**, Demonty I, Ordovas J, Lichtenstein AH, Jones PJ. Polymorphisms of ATP binding cassette G5 and G8 transporters: their effect on cholesterol metabolism after moderate weight loss

- in overweight and obese hyperlipidemic women. *Experimental Biology*. 2006. San Francisco, CA, USA. [Oral].
46. Demonty I, **Santosa S**, Lichtenstein AH, Cianflone K, Jones PJH. Body composition, plasma adipocytokins and cardiovascular risk factors before and after weight loss in overweight and obese women. *International Society for Atherosclerosis*. 2006. Rome, Italy. [Poster]
 47. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover. *North American Society for the Study of Obesity Meeting*. 2005. Vancouver, BC, Canada. [Poster]
 48. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover. *L'Institut des nutraceutiques et des aliments fonctionnels Symposium*. 2005. Quebec, QC, Canada. [Poster]
 49. Varady KA, **Santosa S**, Demonty I, Charest A, Lamarche B, Jones PJ. Weight loss resulting from a combined low fat diet/exercise program does not favourably alter low-density lipoprotein particle size and distribution in obese women. *Canadian Federation for Biological Sciences Meeting*. 2005. Guelph, ON, Canada. [Poster]
 50. Demonty I, **Santosa S**, Cianflone K, Lichtenstein AH, Jones PJH. Plasma acylation stimulating protein, leptin, adiponectin and insulin before and after weight loss in overweight and obese women. *North American Association for the Study of Obesity Meeting*. 2004. Las Vegas, NV, USA. [Poster]
 51. **Santosa, S**, Demonty, I, Lichtenstein, AH, Jones, PJH. Weight loss leads to favourable changes in lipid profiles of overweight and obese hyperlipidemic women. *Canadian Society for Clinical Nutrition Meeting*. 2004. Toronto, ON, Canada. [Poster]

Broadcast/Media Interviews

- 2020 "Obesity as a disease of aging" *The Andrew Lawton Show - TrueNorth Podcast*. Mar. 5.
- 2020 "Opinion: Obesity should be viewed as a disease" *Montreal Gazette*. Mar. 4.
- 2020 "Obesity should be considered 'premature aging': Concordia researcher" *CTV News at Noon*. Mar. 3.
- 2020 "Link obesity and aging" *CityNews*. Feb. 27.
- 2020 "The effects of obesity mirror those of ageing" *Top of Reddit r/science* with 38.4K bumps. Feb. 26
- 2020 "New research finds parallel between obesity and ageing" *CBC Radio. Let's Go*. Feb. 26.
- 2020 "Obesity and eating disorders: Researchers seek new approaches to prevention and intervention" *Globe and Mail*. Feb. 19.
- 2019 "Montrealers New Year's Resolutions" *CityNews*. Dec. 31.
- 2019 "Yes, the middle age spread is real – and dangerous" *Montreal Gazette*. Dec. 16.
- 2019 "Yes, the middle age spread is real – and dangerous" *National Post*. Dec. 9.
- 2019 "The Growing Obesity Issue" *Concordia University Magazine*. Oct issue.
- 2018 "The Diet Trap" *CTV News at Noon*.
- 2017 "La chercheuse Sylvia Santosa explore la face cachée de l'obésité" *Le Devior*. Dec. 5.
- 2017 "Weighing students during gym class in CEGEPs: is it ethical?". *CBC Radio Homerun Show*.
- 2017 "Opinion: Is it right to weigh students during gym class in CEGEPs?". *CBC Radio Quebec*.
- 2017 "Nutrition, obesity, and weight loss...what about the research?". *CJLO Radio*.
- 2017 "Keeping New Years Resolutions for Exercise and Diet". *James Meanie Show CJAD Radio*.
- 2017 "Eating well: Advice for students from an expert". *Concordia NOW*. Aug. 31.
- 2014 "I found my passion". *Concordia NOW*. Apr. 9.
- 2013 "Just weight until menopause". *Concordia NOW*. Mar. 27.

Community Education Talks

- 2016 "Balancing Meals" *CPE Narnia, Montreal, QC, Canada*
- 2015 "Foods for Fuel: Nutrition for Sport" *Galaxy Volleyball, Toronto, ON, Canada*

- 2015 “Nutrition – How to Get on the Right Track” Community Health Education Program, Montreal, QC, Canada
- 2012 “Gaining and losing weight: Get the new facts”. Community Health Education Program, MUHC, Montreal, QC, Canada.
- 2011 “Healthy food, healthy life: does our culture support healthy, affordable eating?”. University of the Streets Café. Concordia University. Montreal, QC, Canada.

Grants Awarded

- 2020-2026 **Acute and Chronic Effects of Obesity**
Sylvia Santosa (Principal Investigator)
Natural Science and Engineering Research Council of Canada, Discovery Grant
\$40,000/year x 6 years = \$240,000
- 2019-2024 **Canada Research Chair, Tier 2 – Clinical Nutrition (CIHR)**
\$100,000/year x 5 years = \$500,000
- 2019-2021 **The Role of Nutrition in Muscle Function of Bariatric Surgery Patients**
Sylvia Santosa (Principal Investigator)
Research Grant
Canadian Foundation for Dietetic Research
\$20,000
- 2019-2020 **Of Brain and Body: An Investigation of their Interaction in Obesity**
Sylvia Santosa (Co-Principal Investigator)
PERFORM Multidisciplinary Grant
PERFORM Centre
\$25,000 + \$25,000 in-kind
- 2018-2020 **The Effects of Exercise on MRS-measured intramyocellular and extramyocellular lipids in early and late onset obesity**
Sylvia Santosa (Principal Investigator)
Pilot Grant
QBIN-RBIQ
\$12,500
- 2018 **Replacement of Blue Laser for FACS Verse Flow Cytometer**
Sylvia Santosa (Principal Investigator)
Facilities Optimization Program
Concordia University
\$7,628
- 2018-2020 **Examining Nutrition Requirements in Bariatric Surgery Patients**
Horizon Postdoctoral Fellowship
Concordia University
\$20,000
- 2016-2017 **Before and After Weight Loss: The Effects of Diabetes and Obesity on Regional Adipose Tissue Characteristics**
Sylvia Santosa (Principal Investigator)
Concordia University Seed (Individual) Funding
\$7,000 x 1 year
- 2015-2019 **Acute and chronic effects of obesity on cardiovascular disease risk factors**

Sylvia Santosa (Principal Investigator)
Heart and Stroke Foundation of Canada, Emerging Research Leaders Initiative
\$50,000/year x 3 years = \$150,000

2012-2019 **Acute and Chronic Effects of Obesity**
Sylvia Santosa (Principal Investigator)
Natural Science and Engineering Research Council of Canada, Discovery Grant
\$29,000/year x 5 years = \$145,000

2012-2019 **Canada Research Chair, Tier 2 – Clinical Nutrition (CIHR)**
\$100,000/year x 5 years = \$500,000

2012-2017 **Flow Cytometry Facility for Nutrition, Obesity and Metabolism Laboratory:
Studying the effects of obesity on cellular composition and dynamics of adipose
tissue.**
Sylvia Santosa (Principal Investigator)
Canadian Foundation for Innovation, Leaders Opportunity Fund
\$240,000

2012 **Physiological and biological consequences of obesity**
Sylvia Santosa (Principal Investigator)
Concordia University, PERFORM Seed Funding
\$10,000

2009-2011 **Influence of Male Sex Hormones on Fat Metabolism.**
Michael D. Jensen, Sylvia Santosa (Co-Investigator).
Abbott Laboratories.
\$20 000 & Lupron drug supply.

Trainee Supervision

Research Associate

2016-2018 **Marie-Amelie Lukasewski**

Postdoctoral Fellows

2018-present **Bjorn Tam***: Supervisor, Postdoctoral Fellow, Concordia University
Project: Nutrition Requirements in Bariatric Surgery
*Funding: Horizon Postdoctoral Fellowship

Jan-May 2016 **Laura McBriarty***: Supervisor, Postdoctoral Fellow, Concordia
University
Project: The early and late effects of obesity on regional adipose tissue
*Funding: Saskatchewan Health Region Fellowship

Doctoral Students

2016-present **Kerri Delaney***: Supervisor, M.Sc. Candidate, Concordia University
Thesis: Effects of diabetes and obesity on regional adipose tissue
cellular characteristics
*Funding: Faculty of Arts and Science Out of Province Tuition
Remission, CNS Nutrition graduate student and trainee award finalist,
Christine Gagnon Memorial travel fund, PERFORM Annual Conference
Poster Prize

2014-present **Jessica Murphy***: Supervisor, Ph.D. Candidate, Concordia University

Thesis: Effects of weight loss on immune function and disease risk factors in acute and chronic obesity
*Funding: FRQS Doctoral Award, Faculty of Arts and Science Scholarship, Ed Whitlock Award, Diabete Quebec Summer Studentship, PERFORM Doctoral Merit Award

Master's Students

2020-present

Marissa Lawson: Internship Supervisor, Dietetics component of MScA, McGill University
Project: Effective Teaching Strategies for the Blended Classroom

2018-present

Niloufar Ghaderian*: Supervisor, M.Sc., Concordia University
Thesis: Post-op Nutrition Requirements of Bariatric Surgery Patients
*Funding: Faculty of Arts and Science Graduate Fellowship

2018-present

Lucas Almeida*: Supervisor, M.Sc., Concordia University
Thesis: Effects of weight loss on cardiometabolic health in early and late onset obesity
*Funding: Faculty of Arts and Science Graduate Fellowship

2018-present

Laurent Turner*: Supervisor, M.Sc., Concordia University
Thesis: Regional adipose tissue characteristics in obesity onset vs aging
*Funding: Dean of Arts and Science Award of Excellence

2015-transferred to PhD

Kerri Delaney*: Supervisor, M.Sc. Candidate, Concordia University
Thesis: Effects of diabetes and obesity on regional adipose tissue cellular characteristics
*Funding: Faculty of Arts and Science Out of Province Tuition Remission

2015-2018

Abdulrahman Dera*: Supervisor, M.Sc. Candidate, Concordia University
Thesis: Effects of weight loss on cardiovascular fitness and disease risk factors in acute and chronic obesity
*Funding: Masters Scholarship from King Abdulaziz University

2013-2018

Leila Ghiasi: Supervisor, M.Sc. Candidate, Concordia University
Thesis: Preadipocyte cellular characteristics in acute and chronic obesity

2012-2015

Vi Dam: Supervisor, M.Sc. Candidate, Concordia University
Thesis: Immune function and disease risk in acute and chronic obesity
*Funding: Faculty of Arts and Science Scholarship, FRQS Doctoral Award, Ed Whitlock Award, Canadian Vascular Network Scholar Award, 1st runner up Canadian Vascular Network Student Presentations, FRQS Salary Award

2012-2013

Susan Yang: Co-supervisor, M.Sc. (Applied) Candidate, McGill University
Thesis: The effects of hypogonadism and CLA on regional adipose tissue FA composition in guinea pigs

Undergraduate Students

December 2019-present
Summer 2019

Mariane Basil: Supervisor, Volunteer, Concordia University
Taisiia Saznova*: Supervisor, Summer Student, Concordia University

*Funding: Mitacs Global Link

2018-2019 **Adam Segal:** Supervisor, Volunteer, Concordia University

2018 **Laurent Turner:** Supervisor, Volunteer, Concordia University

Summer 2017 **Grecia Marquez*:** Supervisor, Summer Student, Concordia University
*Funding: Mitacs Global Link

2015-2016 **Leandra Spartari*:** Supervisor, Summer Student, Concordia University
Project: The effects of weight loss in early and late obesity
*Funding: Concordia USRA

2015-2016 **Samantha So:** Supervisor, Volunteer, Concordia University

2015-2016 **Alexi Wloski:** Supervisor, Volunteer, Concordia University

2015-2016 **Saba Saremi:** Supervisor, Volunteer, Concordia University

Summer 2015 **Sarah Briand*:** Supervisor, Summer Student, Concordia University
Project: Effects of diabetes and obesity on regional adipose tissue immune cell composition
*Funding: Concordia University Summer Research Award

Summer 2015 **Melanie Moran Diaz*:** Supervisor, Summer Student, Concordia University
Project: Acute and chronic effects of obesity on cardiovascular disease risk factors
*Funding: Mitacs Global Link

2014 **Vicky Gutierrez:** Supervisor, Volunteer, Concordia University

Summer 2014 **Bruno Brandao:** Supervisor (Science Without Borders, Brazil)
Project: Free fatty acid UPLC and mass spectrometry method development

2013-2014 **Ryan Burgess:** Supervisor, Undergraduate (Science College Project)
Project: Regional fat distribution in child vs. adult onset obesity

2012-2013 **Tarifin Sikder:** Supervisor, Undergraduate (Lit Review & Honors Thesis)
Thesis: The effects of early vs. late-life obesity on cellular characteristics of preadipocytes and adipocytes

2011-2012 **Matthew Horne:** Supervisor, Undergraduate (Lit Review & Honors Thesis)
Thesis: Free fatty acid profiles in obese women who have lost weight with a high or low fat alternate day fasting diet

Winter 2012 **Ali Virk:** Supervisor, Undergraduate Student
Project: The effects of chronic hypogonadism on body composition and activity

Fall 2011 **Crystal Conrad:** Supervisor, Dietetic Intern

Editorial Activities

- 2019-present **International Journal of Obesity, Editorial Board Member**
Responsibilities: Assess whether manuscripts should be sent for peer review, manage the peer review of manuscripts, make final editorial decisions
- 2019-present **Frontiers in Physiology, Guest Editor – Dietary Fat Absorption**
Responsibilities: Assess whether manuscripts should be sent for peer review, manage the peer review of manuscripts, make final editorial decisions
- 2014-present **Scientific Reports, Editorial Board Member**
Responsibilities: Assess whether manuscripts should be sent for peer review, manage the peer review of manuscripts, make final editorial decisions

Peer Review Activity

Ad Hoc Reviewer for Journals

- AIMS Medical Science – 1 article
American Journal of Clinical Nutrition – 3 articles
American Journal of Physiology Endocrinology and Metabolism – 2 articles
Applied Physiology, Nutrition and Metabolism – 3 articles
Arteriosclerosis, Thrombosis, and Vascular Biology – 1 article
Diabetes – 5 articles
Diabetologia – 1 article
European Journal of Applied Physiology – 3 articles
International Journal of Obesity – 3 articles
Gerontology – 1 article
Journal of Behavioural Medicine – 2 articles
Journal of Nutrition – 1 article
Journal of the International Society of Sports Nutrition – 1 article
Obesity – 5 articles
Obesity Reviews – 4 articles
Metabolism – 3 articles
New England Journal of Medicine – 1 article
Nutrition and Dietetics – 1 article
Nutrition, Health, and Aging – 1 article
Nutrition Reviews – 1 article
Therapeutic Advances in Endocrinology and Metabolism – 1 article
Translational Research – 1 article

External Reviewer Grants

- 2020 FRQS CFI John R Evans Leaders Fund
2019 Quebec Bioimaging Network
2018 Natural Science and Engineering Research Council of Canada
2017 Natural Science and Engineering Research Council of Canada
2016 Boston Area Diabetes Endocrinology Research Center Pilot and Feasibility Grant
2016 Dairy Farmers of Canada Nutrition Research Funding program
2015 Natural Science and Engineering Research Council of Canada
2014 Canadian Institute of Health Research
2014 Natural Science and Engineering Research Council of Canada

Textbook Reviewer

- 2011 Discovering Nutrition 4th edition. Insel, Turner, Ross. Jones and Bartlett Publishing

Leadership/Committees

Obesity Canada, Biomedical and Basic Science Committee (2020- present)

Canadian Nutrition Society

- Ethics Committee (2018-present)
- Annual Conference Organizing Committee (2016-2017)
- Communications and Membership Committee (2016-present)
- Membership Committee (2014-2016)

PERFORM Centre

- **Scientific Lead**, Nutrition Suite (2015-present)
- **Chair**, Scientific Education and Communications Committee (2018-present)
- Scientific Education and Communications Committee (2014-2018)
- Scientific Engagement and Advisory Committee (2015-present)

Department of Health, Kinesiology, and Applied Physiology

- **Chair**, Awards Committee (2015-2017)
- Awards Committee (2011-2012, 2014-2015, 2018-present)
- Graduate Program Committee (2014-present)
- Graduate Program Committee Executive (2015-2016, 2018-present)
- Curriculum Committee (2014-2015)

Professional Memberships

2018- present Royal Society of Medicine, Overseas Member

2015- present Canadian Vascular Network, Early Career Researcher

2015- present American Society for Nutrition, Member

2015- present Montreal Diabetes Research Centre, Member

2014- present Réseau de Recherche en Santé Cardiométabolique, Diabète, et Obésité, Member

2014- present Société Québécoise de Lipidologie, de Nutrition, et de Métabolisme, Member

2014- present The Obesity Society, Fellow (FTOS)

2014- present Canadian Nutrition Society, Member

2011- present La Société des Sciences Vasculaires du Québec, Member

2008- present College of Dietitians of Ontario, Member

2006- present Canadian Obesity Network, Member